

No Worms in a Healthy Child
All children troubled with worms have an unhealthy complexion, which indicates poor blood, and as a rule, there is more or less stomach disturbance. GROVE'S TASTELESS CHLINTONIC given regularly for two or three weeks will enrich the blood, improve the digestion, and act as a General Strengthening Tonic to the whole system. Nature will then throw off or dispel the worms, and the child will be in perfect health. Pleasant to take. 60c per bottle.

A good remedy for a bad cough is **BALLARD'S HOREHOUND SYRUP**. It heals the lungs and quiets irritation. Sold by PRICE DRUG CO. Adv.

Falcon Ads Bring Results

B. A. THOMAS' POULTRY REMEDY

Means Plenty Eggs and Healthy Chicks
OLD KENTUCKY MFG. CO., Inc., Paducah, Ky.

ASPIRIN FOR HEADACHE

Name "Bayer" is on Genuine Aspirin—say Bayer



Insist on "Bayer Tablets of Aspirin" in a "Bayer package," containing proper directions for Headache, Colds, Pain, Neuralgia, Lumbago, and Rheumatism. Name "Bayer" means genuine Aspirin prescribed by physicians for nineteen years. Handy tin boxes of 12 tablets cost few cents. Aspirin is trade mark of Bayer Manufacture of Monocrotonic acid ester of Salicylic acid.

WHAT DOES A CAL- MEAN TO YOU?

"A family consisting of father, mother, and three children requires about a hundred and twenty 100-calorie portions for an adequate daily diet."

How much would that have meant to the average housekeeper ten years ago? She probably could not have told whether calories were "islands or canned goods" as Mr. Dooley said of the Philippines. Lately, however, say the authorities in charge of this work in the U. S. Department of Agriculture, calories have been taken and written about so much that the housewife at least has a vague notion that they are in some way connected with the value of food to the body and that the more calories she can provide for her family, the better it will be nourished. The U. S. Department of Agriculture has recently published some tables which make it easier for her to "count the calories" as well as the cost of the food she buys. She can use such tables without knowing anything more about calories, just as she can use electric light without understanding the kilowatt hours that appear in the monthly bill; but calories are neither so mysterious nor so complicated that she can not easily understand what they are.

The word calorie comes from "calor," a word meaning heated. A calorie is a unit for measuring quantities of heat just as a yard is a unit for measuring length or a pound for weight. Roughly, a calorie equals the amount of heat required to raise the temperature of a pound of water 4 degrees Fahrenheit.

But this is not the whole story. What we call heat and what we call energy are really different forms of the same force. The heat of the sun, the strength of the winds, the warmth from the fire, the pressure of the expanding steam or exploding gas in the engine, even the flowing of sap in the plant and the contraction of the muscles in our bodies—all these are due to the same universal energy showing itself in different ways. Coal is made up of substances held together by this same energy, and so is gasoline or any other kind of fuel. When the fuel is burned, the energy is set free in the form of heat which in its turn may become the force that drives the machine. In this last form we call it mechanical energy, and we know that a given amount of heat will yield an equivalent amount of mechanical energy. Thus our calorie may represent either enough heat to raise the temperature of one pound of water 4 degrees F. or enough mechanical force to lift one ton about one foot and a half.

Now, food is fuel for our bodies and energy stored in it can be released in the body and used for keeping it warm or for the work of the muscles, much the way as gasoline is released and used when the gas is consumed in the motor. The more we exercise our muscles the more mechanical energy we release and the more must be provided by our food fuel. In order to make sure that we are stoking our body engine rightly, we must be able to say both how much energy our food yields (called its fuel or energy value)

and how much energy our bodies use. This is where the calories come in, for we can measure both food energy and body energy in calories.

Choosing Cheap Fuel.

Body-fuel, like other kinds of fuel, costs money, and the problem is to get the amount needed for the smallest sum possible, which means choosing food rather carefully. A man running a sawmill in the cypress swamps of Louisiana or the Michigan woods would have to pay a lot of money for enough anthracite coal to run his steam engine, but he can take his fuel from the sawdust heap and the stumps and so save money.

Much the same situation exists with regard to the fuel for the human engine. If our family of five bought the 120 100-calorie portions all in sirloin steak at 50 cents a pound, the cost would be \$6 a day. If it bought them all in white potatoes at \$1.20 a bushel, the cost would be only \$1.20 a day.

HOW TO USE CALORIE TABLES

Other things than body fuel are necessary in human food. Not all of the necessary fuel may safely be taken from potatoes nor yet all of it from beefsteak. Scientific investigations have shown that of the 120 100-calorie portions necessary for the family of five, about 24 should come from vegetables and fruits, 36 from milk, eggs and meat, 30 from cereals and legumes, 12 from sugar and sugary foods, and 18 from fats and fatty foods. If these amounts are used as a guide in planning the meals of a healthy family, there is little need to worry about their getting the right kinds of quantities of food.

Here a 100-calorie portion of some foods cost a good deal more than a 100-calorie portion of other meats. This is the case too with vegetables, and fruits, cereals, fats, and sweets. The cheapest food per pound is not always the cheapest food per 100-calorie portions. In this day of high prices, the housewife is interested in knowing what foods that will adequately feed the family can be bought cheapest—figured on a sustenance basis rather than on a pound or pint basis. And that is what the tables prepared by the Department of Agriculture do for her.

By using the tables, she can determine the price of a 100-calorie portion of a particular food. All she has to do is to insert the price per pound or bushel at the proper place in the third column and divide it by the corresponding figure in the second column.

Here's An Example.

To illustrate: Suppose the meat market man tells her that sirloin steak is 50 cents a pound. She writes "50" opposite sirloin steak in the third column. Then she looks in the second column and finds, opposite sirloin steak, "10 per pound." She divides 50 by 10. The quotient is 5. Five cents, therefore, is the price of a 100-calorie portion of sirloin steak. In exactly the same way, she can find the cost per 100-calorie portion of any food. And what is more, if she gets in the habit of thinking in 100-calorie portions as well as in pounds and bushels, she will very soon know how much such a portion of steak or apples or macaroni represents and then she will be able to estimate easily whether or not she is getting what her family needs and at the best prices.

Vegetables and Fruits.			
	100-calorie portions	Price	Price per 100-calorie portion
		cents per pound	cents
Potatoes	3 per pound	"	"
Onions	2 " "	"	"
Cabbage	1 " "	"	"
Corn, canned	3 " No. 2 can	"	"
Peas, canned	3 " " "	"	"
Tomatoes, canned ..	1 " " "	"	"
Prunes	11 " pound	"	"
Oranges (8 oz. each) ..	10 " dozen	"	"
Bananas (5 oz. each) ..	11 " "	"	"
Milk, Eggs, Meat, Fish, Etc.			
		cents per quart	Cents
Milk	6 per quart	"	"
Cheese	20 per lb.	"	"
Eggs	9 " dozen	"	"
Sirloin steak	10 " pound	"	"
Round steak	7 " "	"	"
Rib roast	11 " "	"	"
Chuck roast	7 " "	"	"
Plate beef	12 " "	"	"
Pork chops	12 " "	"	"
Ham	15 " "	"	"
Lamb	11 " "	"	"
Hens	8 " "	"	"
Salmon, canned	7 " "	"	"
Mackerel, salt	11 " "	"	"
Oysters	5 " quart	"	"
Cereals.			
		" <th>Cents.</th>	Cents.
Corn meal	16 per pound	"	"
Roller oats	18 " "	"	"
Wheat flour	16 " "	"	"
Bread	12 " "	"	"
Rice	16 " "	"	"
Macaroni	16 " "	"	"
Corn flakes	16 " "	"	"
Beans, dried	16 " "	"	"
Sugar and Sugary Foods.			
		cents per pound	Cents.
Sugar, granulated....	18 per pound	"	"
Sugar, lump	18 " "	"	"
Sugar, maple	13 " "	"	"
Honey	15 " "	"	"
Molasses	13 " "	"	"
Syrup corn	14 " "	"	"
Candy	17 " "	"	"
Fat and Fatty Goods.			
		cents per pound	Cents.
Butter	34 per pound	"	"
Lard	41 " "	"	"
Vegetable oils	41 " "	"	"
Bacon	26 " "	"	"
Cream	3 " quart	"	"

Somerville Evidence For Somerville People

The Statements of Somerville Residents Are Surely More Reliable Than Those of Utter Strangers

Home testimony is real proof. Public statements of Somerville people carry real weight.

What a friend or neighbor says compels respect.

The word of one whose home is far away invites your doubts.

Here's a Somerville statement. And it's for Somerville people's benefit. Such evidence is convincing.

That's the kind of proof that backs Doan's Kidney Pills.

Joe W. Russell, prop. of the Somerville Bottling works says: "I was in bad shape with kidney trouble. I couldn't even lift a case of soda water from my auto when delivering to my customers. I was so lame across my back, I had to toss about all night in bed, trying to get ease from that pain and my kidneys didn't act right at all. I used different kidney remedies but failed to get relief until I began taking Doan's Kidney Pills. This medicine seemed to reach the trouble and it was no time before two boxes completely cured me."

Price 60c, at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills the same that Mr. Russell had. Foster-Milburn Co., Mfrs., Buffalo, N. Y. adv.

MICKIE SAYS:

"THE BOSS IS TOO OLD 'I' GET DRAFTED, BUT 'I'LL SAY WE'VE DOWN' HIS BIT JUST THE SAME, WITH ALL THE FREE ADVERTISING HE PRINTS FOR THE RED CROSS, 'N THE LIBERTY LOAN, 'N THE U.S.S., 'N THE WAR CHEST, 'N THE V.M.C.A., 'N THE RECRUITING CAMPAIGN 'N THE BELGIAN RELIEF 'N MR. HOOVER 'N EVERYTHING."



Well "Armed"!



When company comes there is no time to waste—no chances to be taken—so mother sees that there is always a can of

CALUMET BAKING POWDER

on hand. Cakes, pies, doughnuts, muffins and all good things to eat must be dressed up in their best taste and looks.

Then, too, her reputation as a cook must be upheld—and she "stakes" it on Calumet every time. She knows it will not disappoint her. Order a can and have the "company" kind of bakings every day.

Calumet contains only such ingredients as have been approved officially by the U. S. Food Authorities.

You save when you buy it. You save when you use it.

HIGHEST QUALITY AWARDS

There's a World of Solid Comfort In the Rich, Red Tin

YES, sir, we mean that same warm red and gold tin that smiles a welcoming "Howdy" to you in every tobacco store. Know what those colors mean?

The red is for the friendly warmth, the mellow cheeriness, that Velvet puts into your old pipe. And the gold is where the Kentucky sunshine, that ripens good old Velvet, has just sort of soaked through.



Remember what Velvet Joe said about it?

"You've met canned meat and canned music. Ever see any inned sunshine? Well, look into any Velvet tin."

And think this over:

We don't have to hide Velvet's taste or smell with a lot of this, that and the other thing. Because Velvet has naturally what pipe smokers want—real simon-pure tobacco taste and fragrance. It's just good, honest Kentucky leaf, made still more friendly and mellow by two years' ageing in wooden hogsheads. Just good tobacco. That's all. But it's mighty near enough for the man who wants a pipeful of tobacco and not a box of bon bons.

The picture of a pipe on the tin needn't keep you from rolling a jim-dandy cigarette with Velvet.

How's the Velvet holding out in your old red tin?

Leggett & Myers Tobacco Co.

—the friendly tobacco